



Basic Practice



Intermediate Practice



Advanced Practice





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Earth&Heaven Energy Management



8 Ways to Health & Wellbeing

Mantra Healing

Breath Practice

Energy Healing

Reiki Gong Exercise

Food Healing

Massage & Reflexology

Digestive cleansing

Spiritual Sexercise



Medicine Buddha Mantra
chant 43 times per day!

Tayata Om Beckendeze Beckendeze Maha
Beckendeze Razda Somugate Soha

Read the book Medicine Buddha Teachings

Listen cd Deva Premal & Gyuto Monks



Breath Therapy

BioDynamic Breath Therapy (TM), created by Rohi and Giten, was inspired by their training in Osho's meditative therapies.

Osho, a contemporary master of meditation from India, designed this body-oriented psychotherapy. Also drawing on the work of German psychologist Wilhelm Reich and Bioenergetics founder Alexander Lowen (US), BioDynamic Breath Therapy is a synthesis of rebirthing, regression, hypnosis, and meditation, as well as conscious movement and bodywork.

Learning occurs on many levels. You may observe that when there is a strong feeling of fear or pain, you unconsciously hold your breath. When there is a strong feeling of pleasure or joy, you naturally take full, deep breaths. Just as our emotions immediately influence our breathing, we can in turn stimulate and observe our emotional habits by consciously using specific breathing patterns. Accompanied by therapeutic touch, this approach dramatically opens the internal flow of energy in the body, allowing for a deeper experience of personal power, self-love, and awareness.

What is most unique about this innovative technique is that it allows you to move at your own individual pace. Finding pathways to charge up the body and break through conditioned patterns, you naturally dissolve chronically tense physical and mental habits,

integrating both conscious and unconscious aspects of the mind. Beyond simply reducing your stress levels, it actually strengthens your entire system and bolsters your overall immunity and health.

The average breath sessions usually last one to two hours. After a brief assessment, you breathe for approximately forty-five minutes with the supportive presence of a BioDynamic Breath Therapist. You may enter a deeply relaxed state in which you can fully express emotions and memories stored in your body, without the usual distractions from your mind. Emotions may emerge in catharsis, with the release of intense anger or sadness, or may take the form of 'melting,' in which subtle feelings from early life experiences come to the surface. Many times breath sessions open a joyful, expansive feeling, best described by many as a feeling akin to a whole-body release.

A key component to BioDynamic Breath Therapy is the accompanying support system, which is comprised of Osho Active Meditations and group work. Incorporating bioenergetics, dance movement and interactive exercises, these techniques are designed to assist in the integration of the breath session long after the session is over. A truly holistic approach -- it creates a balanced platform for accelerated healing -- eliminating the need for drawn-out years of talk-therapy sessions. Through becoming aware of your patterns of breathing, you can consciously release your non-supportive habits, become grounded in your present reality, and open to greater freedom of expression and radiant health.

G Breath : First completely exhale then follow this breath pattern for three cycles

Mouth/mouth mouth/nose nose/nose nose/mouth

At then end of the third cycle do one final mouth/mouth

Warrior breath : Lie down flat on your back. Now continuous deep breathing thru your mouth for 30 to 60 minutes . This will fill your energu body with Qi and move the blockages

Fire Belly Breath Nine breath method. Take nine deep breaths into the lungs and lower abdomen. On the last breath hold it and slowly release thru the mouth while keeping the abdomen extended.



Energy Healing Deeksha

Reiki (靈氣?, /ˈreɪkiː/) is a spiritual practice^[1] developed in 1922 by Japanese Buddhist Mikao Usui, which has since been adapted by various teachers of varying traditions. It uses a technique commonly called *palm healing* or *hands on healing* as a form of alternative medicine and is sometimes classified as *oriental medicine*.^[citation needed] Through the use of this technique, practitioners believe that they are transferring universal energy (i.e., reiki) in the form of qi (Japanese: *ki*) through the palms, which they believe allows for self-healing and a state of equilibrium.^[2]

There are two main branches of Reiki, commonly referred to as *Traditional Japanese Reiki* and *Western Reiki*. Though differences can be wide and varied between both branches and traditions, the primary difference is that Westernised forms use systematised hand-placements rather than relying on an intuitive sense of hand-positions (see below), which is commonly used by Japanese Reiki branches. Both branches commonly have a three-tiered hierarchy of degrees, usually referred to as the First, Second, and Master/Teacher level, all of which are associated with different skills and techniques.



Reiki Gong Practice

To provide vibrant health and mental & emotional stability to all practitioners who diligently integrate these practices into their lives

Description

Reiki Gong is a new health and meditation practice that comes from integrating two ancient healing traditions from Tibet and China. Reiki & Qigong. It is basically a qigong practice that begins with Reiki symbol empowerment. This is true with all the practices, movement, breath, meditation, and even the nutrition practice. By infusing the Reiki symbols in this way it creates incredible power and healing!

Basic Practice Physical

- 1.Vibrant Health & Wellness Practice**
- 2.Mental & Emotional Stability Practice**
- 3.Breath Empowerment & Mudra Practice**

Intermediate Practice Self Healing

Level 1

Level 2

Level 3

Advanced Practice

Happy Yoga

BuddhaYoga



Food Healing

Food Healing

-As Defined by Qigong Practitioner Jeff Primack



My father was given '2 weeks to live' with stage 4 cancer. He's followed your protocol for over 4 years and is still cancer free! He currently runs a restaurant and feels great!

Jennifer Maloney, LMT

Mundelein, IL

My HIV AIDS viral count was in millions before starting your program. After 3 months doing your anti-viral protocol my viral count went down to the thousands! Today my viral count is considered "Undetectable" by six different blood tests. I am now teaching this!

Emily Sunderland

Carlsbad, CA

After 11 weeks of Food Healing my LDL cholesterol is 98 and blood pressure normal. My doctor says I no longer need any meds!


Ken Stinnett

Las Cruces, NM

I've lost 60 pounds and my HgA1c went from 6.4 to 5.7. My doctor stated she is going to take me off my oral diabetes meds!

Lisa Runyon

Lakeland, FL

Most diseases are reversible with food. However, just eating healthy isn't enough. The real secret lies in using specific foods to help specific diseases. For example, kiwi is quick to help reverse Asthma, which we've seen hundreds of our students reverse within 1 week of following the Asthma food protocol. Asthma is a completely unnecessary disease and appears to be nutritionally caused. Foods like Bitter Melon have phytochemicals "structurally similar" to the hormone Insulin and its use in fine cuisine is a specialty of ours. Hundreds of Qigong friends I've made over the years have [REVERSED DIABETES](#)  eating it regularly.

We are privileged to have a live seminar platform in which to have tested our protocols with over 50,000 people. After 10 years fine tuning protocols with REAL people, they were published into a hardcover textbook (with scientific citations), "[Conquering Any Disease](#)". At its core, our program uses fruits & vegetables from the grocery

store, medicinal mushrooms and tonic herbs to reverse diseases. Emphasis is on increasing digestive fire, metabolism & having big-strong bowel movements. Nobody is perfectly healthy without amazing digestion.



Using Our Food-Healing System 100's Report Complete Reversal of: Asthma, Arthritis, Cancer, Diabetes, Digestive Problems, Heart Disease, Osteoporosis/Fracture, Endocrine & Thyroid Issues, Viruses HIV & Hep.

Most people have at least one health issue that isn't perfect or something they'd like to improve. Some are best to focus on eating certain foods. The health issues present should determine the foods chosen to eat. The notion that "Specific Foods Reverse Specific Diseases" means some of us need to really focus on specialized foods for their issues.

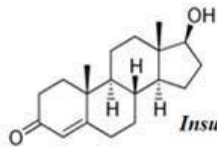


Regardless if you have a disease or not... Most people desire to have bigger bowel movements and a higher sex drive. This program WORKS and has people still following it after

over 5 years. People are ABLE to stay on this diet long term, because it doesn't make Food preparation become your life's mission.



Bitter Melon Lentil Curry



Insulin Like Substance



Bitter Melon Black Bean Burgers

Learn How "Superior Tasting" Dairy-Free Delicious Cooked Meals, Healing Sauces & Regenerative Desserts can help REVERSE disease. Fruits, Vegetables, Tonic Herbs & Medicinal Mushrooms contain PHYTOCHEMICALS that unlock our body's immune and endocrine system, but most people don't get enough of them. Phytochemicals hide in cellulose fibers of seeds, stems, skins and rinds of the fruits & vegetables we eat. Many eat the right foods, but throw away the parts with all the medicine!



Think you know all there is to know about nutrition? Most experts are BLOWN away by the scope of what we teach on Day 1 of the seminar alone. Discover the most profoundly useful knowledge to protect your health and the people you care about.



Reflexology

Reflexology is an [alternative medicine](#) involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion. It is based on a system of zones and reflex areas that reflect an image of the body on the feet and hands, with the premise that such work affects a physical change to the body.^[1]

A 2009 [systematic review](#) of randomised controlled trials concludes: "The best evidence available to date does not demonstrate convincingly that reflexology is an effective treatment for any medical condition."^[2]

There is no consensus among reflexologists on how reflexology is supposed to work; a unifying theme is the idea that areas on the foot correspond to areas of the body, and that by manipulating these one can improve health through one's [qi](#).^[3] Reflexologists divide the body into ten equal vertical zones, five on the right and five on the left.^[4] Concerns have been raised by medical professionals that treating potentially serious illnesses with reflexology, which has no proven efficacy, could delay the seeking of appropriate medical treatment.



Digestive Cleansing

The practice of natural [colon cleansing](#) dates back to ancient Greece. In the U.S., cleansing the colon -- the large intestine -- became popular in the 1920s and 1930s. But when the theories behind it lost support, it fell out of favor. Recently, though, colon cleansing -- using, for example, teas, enzymes, or colon irrigation -- has experienced resurgence.

Is colon cleansing good for you? The jury is still out. That is because researchers have devoted little study to colon cleansing. For now, here is some information that might help you decide whether colon cleansing is for you.

What is natural colon cleansing?

There are two main colon-cleansing methods. One involves buying products; the other involves seeing a practitioner to have a colon irrigation.

Colon cleansing with powdered or liquid supplements. You take some supplements used for colon cleansing by mouth. Others you take through the rectum. Either way, the idea is to help the colon to expel its contents. You can find these products on the Internet or in health food stores, supermarkets, or pharmacies. They include:

- Enemas

- Laxatives-both stimulant and non stimulant types
- Herbal teas
- Enzymes
- Magnesium

Colon cleansing with colon irrigation (high colonics). The first modern colonic machine was invented about 100 years ago. Today, colonic hygienists or colon hydrotherapists perform colon irrigations. Colon irrigations work somewhat like an enema. But they involve much more water and none of the odors or discomfort. While you lie on a table, a low-pressure pump or a gravity-based reservoir flushes several gallons of water through a small tube inserted into your rectum.

After the water is in the colon, the therapist may massage your abdomen. Then you release the water like a regular bowel movement; the process flushes out the fluids and waste. The therapist may repeat the process, and a session may last up to an hour.

The practitioner may use a variety of water pressures and temperatures and may or may not combine water with enzymes, herbs, coffee, or probiotics. Probiotics are supplements containing beneficial bacteria.

What is the theory behind natural colon cleansing?

One of the main theories behind colon cleansing is an ancient belief called the theory of autointoxication. This is the belief that undigested meat and other foods cause mucus buildup in the colon. This buildup produces toxins, the theory goes, which enter the blood's circulation, poisoning the body.



Spiritual Sexercise

Many teachers of this version of tantra believe that sex and sexual experiences are sacred acts, which are capable of elevating their participants to a higher spiritual plane.^[4] They often talk about raising [Kundalini](#) energy,^{[5][6]} worshipping the divine feminine, activating the [chakras](#).^[7] In this context, the word "tantra", generally refers to the set of techniques for cultivating a more fulfilling sexual or loving relationship. On the other hand, there are also some truly dedicated scholars and teachers in the field of modern tantra.

Guru [Bhagwan Shree Rajneesh](#), later known as Osho, used his version of tantra in combination with breathing techniques, bio-energy, yoga, and massage in some of the groups at his ashram. He is the author of many books on meditation, [taoism](#), [buddhism](#), and [mysticism](#), and at least six on tantra. One of them is *Tantra, The Supreme Understanding*, in which he unpacks the verses of the "[Song of Mahamudra](#)", by [Tilopa](#). In addition out of his discourses on the Vigyan Bhairav (or Vijnaya-bhairava), the 112 practices for enlightenment resulted in the much longer *The Book of Secrets*.^[8] His students continue to develop his concepts.

One of Osho's students, [Margot Anand](#), founded a school called "Skydancing" tantra. She is the author of dozens of books including the *Art of Everyday Ecstasy* and the *Art of Sexual Magic*. Another modern tantrika is [Daniel Odier](#) who believes that desire can be a valid pathway to transcendence.^[9] Sexologists [Annie Sprinkle](#) and [Joseph Kramer \(Sex educator\)](#) are two examples of practitioners who teach sacred erotic massage